

Tilmaan-bixinta Dukaameysiga ee WIC



**Washington State
WIC Nutrition Program**



**1-da Bisha Afraad 1, 2012 –
31-ka Bisha Saddexaad 31, 2013**



Ku Soo Dhawow WIC — The Women, Infants, and Children Nutrition Program

Waxa aanuu kuugu hambalyeynaynaa inaad sameysay doorasho muhiim ah oo caafimaad leh markii Aad go'aansatay inaad ka qaybgashid WIC!

Annaga oo la shaqeynayna macaamiisha WIC, dukaannada, iyo shaqaalaha xarunta, waxa aanu soo saarnay tilmaan-bixintan iyada oo maskaxda lagu hayo dukaameysteyaasha iyo jeeg-qaateyaasha WIC.

Ku Saabsan Tilmaan-bixinta Dukaameysiga WIC

Tilmaan-bixinta Dukaameysiga WIC waa isha **koobaad** ee ay macaamiisha WIC iyo shaqaalaha dukaanku ka helaan war ku saabsan cuntooyinka WIC ee la aqbalsan yahay. Tilmaan-bixintan waxa loo qorsheeyay inuu kaa gargaaro inaad heshid waayo dukaameysi oo guul leh.

Tilmaan-bixintan waxa aad ka heli doontaa:

- War loogu talogalay dukaameysteyaasha WIC iyo dukaamada jeegga qaata
- Liiska cuntooyinka la aqbalsan yahay iyo kuwa aan la aqbalsanayn
- Sawiro ah namuunada iyo noocyada cuntooyinka la oggol yahay

Haddii aad su'aalo qabtid ama u baahan tahay gargaar...

Weydii WIC ama shaqaalaha dukaanka, ama wac Adeegga Macaamiisha ee WIC: 1-800-841-1410.

Waxan kuu rajeynayaa waayo dukaameysi oo wacan. Ku istareex cuntooyinkaaga WIC ee caafimaadka leh.

A handwritten signature in black ink that reads "Janet Jackson Charles".

Janet Jackson Charles
Washington State WIC Director

WIC waa barnaamij nafaqo oo haweenka urukha leh, hooyoo yinka cusub, iyo caruurta yaryar ka gargaarta inay si fiican wax u cunaan, bartaan nafaqada, oo ku waaraan caafimaad. WIC waa barnaamij federal oo ah "Special Supplemental Nutrition Program for Women, Infants, and Children."

WIC waxay bixisaa: baadhish caafimaad, waxbarasho nafaqo iyo caafimaad, horumarin iyo taageero naas-nuujin, gargaar ku saabsan helitaanka adeegyo kale, iyo jeegag loogu talogalay cunto nafaqo leh.

Barnaamijka Nafaqada WIC ee Gobolka Washington ma sameeyo takooris ama cadaalad-daro.

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Talooyinka Dukaameysiga ee WIC

Isticmaalidda Jeegaga WIC

Xeerarkan soo socda waxay qabanayaan jeegaga WIC iyo jeegaga WIC ee Furuutada iyo Khudaarta:

- Isticmaal jeegagaaga WIC marka la joogo ama inta u dhexeysa maalinta koobaad ee isticmaalka iyo maalinta ugu dambeysa.
- Isticmaal jeeg WIC kaliya haddii magacaagu uu ku qoran yahay halka ka hooseysa sanduuqa saxeexa.
- Wax ka soo iibso kaliya dukaanada uu aqbalsan yahay ama oggol yahay WIC. Eego calaamadaha ay ku qoran tahay “WIC Checks Accepted Here”.
- libso qadarada iyo noocyada cuntooyinka ku qoran jeegagaaga WIC.
- Jeeg ahaan u kala sooc cuntooyinka WIC isla markaana ka sooc alaabta kale ee aad iibsanaysid.
- U sheeg jeeq-qaataha inaad isticmaalaysid jeegaga WIC ka hor inta aanad bilaabin iibsigaaga.
- Saxeex jeegagaaga WIC kaliya ka dib marka uu shaqaalaha iibku arko aqoonsigaaga (ID) oo uu ku qoro qadarka.



Xeerarkan dheeraadka ahi waxay qabanayaan kaliya jeegaga Furuutada iyo Khudaarta ee WIC:

- Weydii jeeg-qaataha inaad wada-jir u isticmaali kartid jeegagaaga WIC ee Furuutada iyo Khudaarta, haddii in ka badan hal qof oo ka tirsan qoyskaaga uu qaato jeegaga Furuutada iyo Khudaarta ee WIC. Dukaanada qaar ayaa sidan ku qaadan kara jeegaga.

Tusaale: Waxa aad isku dari kartaa Jeeg WIC oo ah Furuuto iyo Khudaar oo ah \$6 iyo Jeeg WIC oo ah Furuuto iyo Khudaar oo ah \$10 si aad u bixisid \$16 oo ah furuuto iyo khudaar cusub.

- Haddii waxa aad iibsatay kharashkiisu ka badan yahay lacagta ku qoran jeegaga Furuutada iyo Khudaarta ee WIC, waxa laguu oggol yahay inaad iska bixisid lacagta dheeraadka ah.

Tusaale: Haddii waxa aad iibsatay qiimihiisu yahay \$7, oo aad isticmaalaysid jeeg WIC oo ah Furuuto iyo Khudaar oo ay ku qoran tahay \$6, waxa aad iska bixin kartaa \$1 si aad u dhameystirtid qiiimaha.

- Haddii waxa aad iibsatay kharashkiisu ka yar yahay lacagta ku qoran jeegaga Furuutada iyo Khudaarta ee WIC, laguumma oggala inaad qaadatid lacagta baaqiga ah.

Talooyinka Dukaameysiga ee WIC

Talooyinka Dukaameysiga

Waxa aad WIC ka gargaari kartaa inay u adeegto qoysas sii tiro badan marka aad isticmaashid kuuboono iyo kaadhadhka qiime-dhimista ee macaamiisha ee dukaanada, iyo adiga oo doorta cunto qiimaheedu jaban yahay.

libka qiime-dhimista ah ee dukaanka waa lagu dabiqi karaa iibka WIC. Waxa tan ku jira iibka ah hal iibso, oo hal bilaash ku hel.

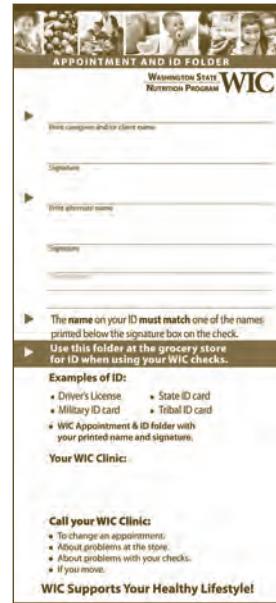
Haddii aanad helin waxa aad raadinaysid, gargaar weydiiso shaqaalaha dukaanka.

Qasab ma aha inaad iibsatid dhamaan cuntooyinka ku qoran jeegagaaga WIC. Waad iibsan kartaa wax ka yar, laakiin ma iibsan kartid wax ka badan.

Dukaanka u soo qaado galkaaga ballamaha/ Aqoonsiga WIC si aad aqoonси uga dhigatid.

Waxa kale oo la oggol yahay noocyada kale ee aqoonsiga. Waa in magaca ku qoran aqoonsigaagu uu la mid yahay mid ka mid ah magacyada ku qoran halka ka hooseysa sanduuqa saxeexa ee jeegga.

Haddii aad saxeexdid jeegga ka hor inta aanad siinin shaqaalaha iibka, jeegga lama aqbali doono.



Shopping Tips

Miisaanada iyo Cabirada

Koobitaanada:

Wiqiyado = OZ

Rodol = LB

Isu-dhigmooyin:

1/2 galaan = 2 rubuc galaan

1 galaan = 2 nus galaan

1 galaan = 3.8 litir

½ rodol = 8 wiqiyadood

1 rodol = 16 wiqiyadood

1 rodol = 0.45 kiilogaraam

Talo Dukaameysi

Talooyin Dukaameysi ka fiiri tilmaan-bixintan.

Baby Food / Cunto Nuunuu

Baby Cereal / Siriyaal Nuunuu

LA AQBALSAN YAHAY

Waa Inuu Yahay

8 oz ama 16 oz

Sanduuqyo

Qalalan

Waxba lagu darin

Namuunadan:

Beech-Nut

Gerber



Waxad Dooran Kartaa

Nooc kasta, oo ay ku jirto "barley," xabuub kaamil ah oo isku dhafan, oatmeal, bariis, iyo qamadi

AAN LA AQBALSANAYN

Ha libsan

Namuunada, cabirada, iyo noocyada aan la sheegin in la aqbalsan yahay

Qasacyo

Kartoono

Ashuuno/Jalxado

Baakooyin hal mar ah ama gooni ah
Lagu daray furuuto, caano qasac,
ama dhadhan

DHA

Orgaanig

Prebiotic ama probiotic

Baby Food – Fruits and Vegetables / Cuntada Nuunuuga – Furuutada iyo Khudaarta

LA AQBALSAN YAHAY

Waa Inuu Yahay

Ashuuno dhalo oo ah 4 oz

Waxba lagu darin

Namuunadan:

Beech-Nut Stage 2 Homestyle

Gerber 2nd Foods



Waxad Dooran Kartaa

Nooc kasta

Isku-daro furuuto

Isku-daro khudaar

Hal Furuuto ah

Hal Khudaar

AAN LA AQBALSANAYN

Ha libsan

Namuunada, cabirada, iyo noocyada aan la sheegin in la aqbalsan yahay

Weelka Caagga ah

Caano qasac ama dhadhan
lagu daray

Cunto la Dubay

Doolshe/Keeg Khudaar

Macmacaan

DHA

Cashoooyin

Xabuub

Hilib

Baasto ama bariis

Orgaanig

Heerka 1, Heerka 2 ½, ama Heerka 3

Baby Food / Cunto Nuunu

Baby Food – Meats / Cuntada Nuunuuga – Hilib

LA AQBALSAN YAHAY

Waa Inuu Yahay

Ashuuno dhalo oo ah 2.5 oz

Aan Waxba Lagu Darin

Heerka 1 ama Heerka 2



Waxad Dooran Kartaa

Namuun kasta

Nooc kasta

Hal nooc hilib

Leh maraq

Leh fuud

AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la sheegin in la aqbalsan yahay

Weelka Caagga ah

Lagu daray dhadhan, cuntooyin, ama basbaaso

Cunto la Dubay

DHA

Cashoojin

Hilib qaab qori leh

Lagu qasay furuuto ama khudaar

Baasto ama bariis

Orgaanig

Heerka 3

Baby Food



Ilmaha Wakhti Buuxa la Naas-nuujiyo

Naas-nuujiitu waxay hooyooyinka iyo nuunuuga siisa faa'iidooyin caafimaad oo nolosha oo dhan jira. WIC waxay taageertaa naas-nuujiinta. Marka aad sii kordhisid naas-nuujiinta, waxa kuu sii kordhaya cuntooyinka WIC ee aad heshid!



Caano Dhalo

Kaliya caanaha dhalo ee ku qoran jeegga ayaa la oggol yahay. Si aad u heshid war ku saabsan Caanaha Dhalada ee WIC oggoshahay, booqo www.doh.wa.gov/cfh/WIC/formula.htm, ama Adeegga Macaamiisha ee WIC ka wac 1-800-841-1410.

Breakfast Cereal / Siriyaalka Quraacda

Cold Breakfast Cereal / Siriyaalka Quraacda Qabow



Breakfast Cereal

Hot Breakfast Cereal / Siriyaalka Quraacda Diiran



Waxa aad dooran isku-dar ah siriyaalo quraac ilaa qadarka wiqiyada (oz) ku qoran jeegga.
Tusaaleyaal:

12 oz	+	12 oz	+	12 oz	AMA	16.5 oz	+	17.2 oz	AMA	18 oz	+	18 oz
$= 36 \text{ oz}$												

Breakfast Cereal / Siriyaalka Quraacda

LA AQBALSAN YAHAY

Waa Inuu Yahay

Sanduuqyo, 11 oz to 36 oz

Waxba lagu darin

Namuunadan iyo noocyadan:

Siriyaalka Quraacda Qabow

Bran Flakes:

Essential Everyday *

Food Club *

Fred Meyer *

Great Value *

IGA *

Safeway *

Western Family *

Cheerios (Waxba lagu darin) *

Corn Chex

Kellogg's Corn Flakes

Kellogg's Mini-Wheats,

Unfrosted Bite Size *

Kix (Waxba lagu darin)

Life (Waxba lagu darin)

Post Grape Nuts *

Post Grape Nuts Flakes *

Rice Chex

Wheat Chex *

Siriyaalka Quraacda Diiran

Cream of Wheat (1 minute,

2 ½ minute, 10 minute)

Oatmeal ku jirta sanduuqyo oo ka kooban baakado gooni-gooni ah:

Essential Everyday Original Flavor *

Great Value, Original *

Hy-Top, Regular Flavor *

IGA, Regular Flavor *

Safeway, Regular Flavor *

Quaker Oats, Original *

Western Family, Regular Flavor *

AAN LA AQBALSANAYN

Ha Iibsan

Namuunada, cabirada, iyo noocyada aan la sheegin in la aqbalsan yahay

Kiishash ah siriyaalka quraacda

Lagu daray dhadhan, cuntooyin, ama basbaasyo

Talo Dukaameysi

Waxad dooran kartaa oatmeal ku jirta sanduuqyo ka kooban baakooyin gooni-gooni ah marka "breakfast cereal" ay ku qoran tahay jeegga.

* Siriyaaladan quraacda waa illo fican oo laga helo xabuub kaamil ah iyo duf (fiber).

Cheese / Jiis/Faramaajo

Cheese

LA AQBALSAN YAHAY

Waa Inuu Yahay

Afar-geesle ah 16 oz baakeysan ama baceysan marka "1 LB cheese" ay ku qoran tahay jeegga

Laga sameeyay caano sac oo la karkariyay

Lagu Sameeyay USA

Waxba lagu darin

Noocyadan:

Cheddar (khafiif, dhexdhixaad, ama kulul, hurdi/jaale ama cadaan)

Colby

Colby Jack

Monterey Jack

Mozzarella (subagga qayb laga saaray, caano kaamil ah, afar-geesle, kubad, ama vacuum-packed)



Waxad Dooran Kartaa

Afar-geesle ah 8 oz oo baakeysan kaliya marka "kosher cheese" ku qoran tahay jeegga

Laba afar-geesle oo ah 16 oz oo baakeysan marka "2 LB cheese" ay ku qoran tahay jeegga

Afar-geesle ah 32 oz oo baakeysan marka "2 LB cheese" ay ku qoran tahay jeegga

Namuun kasta

Lagu xoojiyay kaalshiyam iyo/ama Fitamiin D

Dufanlahayn, dufan yar, iyo dufan la yareeyay

Soodhiyam/milix la yareeyay

AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la sheegin la aqbalsan yahay

Baakooyin hal mar ah ama gooni ah
Lagu daray dhadhan, cuntooyin,
ama basbaasyo

Jiis laga sameeyay caano aan
la karin

Cracker cut

Jiis ah labeen

Jiiska Deli

La jarjaray, burbursan, leh qaab
saddex-jibaarane, la jaray, la xoqay,
la kidfay, ama la jeexay

DHA/ARA

Cheddar siyaado u kulul

Mozzarella cusub

Riyo ama ido

Laga keenay wadan kale

Aan lahayn lakoos

Ku yar yahay ama laga yareeyay
kolesterol

Muenster

Orgaanig

Parmesan

Pasteurized process American

Provolone

Queso fresco

Ricotta

String cheese

Swiss

Aan la karin

Jiis gabobay

Dried Beans/Peas/Lentils / Digir/Salbuko/Misir Qalalan

LA AQBALSAN YAHAY

Waa Inuu Yahay

Waxba lagu darin

Waxad Dooran Kartaa

Kiishash ah 16 oz

Miisid (miisaan lagu gado)

Namuun kasta

Nooc kasta

Ahayn Orgaanig ama orgaanig



AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la sheegin in la aqbalsan yahay

Sanduuqyo

Qasacyo

Lagu daray dhadhan, cuntooyin, ama basbaasyo

Barley

Isku-dar digir iyo bariis

Iniinya kafeega

Digirta qalalan ee dib loo shiilay

Barafeysan

Digirta cagaaran

Digirta Jelly

Maraq ama isku-dar maraq

Iniinya Faniila

Eggs / Ukun

Eggs

LA AQBALSAN YAHAY

Waa Inuu Yahay

Kartoona ah 12 xabo (1 darsin)

Ukun digaag oo cad



Waxad Dooran Kartaa

Namuun kasta

Cabir yar, dhexdhexaad, ama weyn

AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la sheegin in la aqbalsan yahay

Kartoono ah 6 ama 18 xabo

Ukun jumlo ah

Ukun cawlan

Uu dhalay digaag aan sanduuq lagu xabisin

DHA

Ukun boolanboolo ama shimbir biyood

Ukun siyaado u weyn

Bacrinsan

U dhalay digaar socod u xor ah

Hoore, la karkariyay, budo ama wax ah ukun beddele

Ukunta buul dabuici ah ama ukun gaar ah oo kale

Ukun aan digaag ahayn

Omega 3

Orgaanig

Ukun la kariyay oo adkaatay

Fish – Canned / Kaluun – Qasacadeysan

LA AQBALSAN YAHAY

Waa Inuu Yahay

Hilib tuna oo khafiif ah oo biyo leh,
5 oz ilaa 6 oz

Kaluunka saaman (salmon) ee cas,
5 oz ilaa 14.75 oz

Qasacyo

Waxba lagu darin



Waxad Dooran Kartaa

Namuun kasta

Laf lahayn

Soodhiyam/milix ku yar tahay

Maqaar lahayn

AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la
sheegin in la aqbalsan yahay

Tuna ku jira qasac 12 oz

Kiishash warqad aluuminiyam

Boorsooyin

Xidhmooyin cunto fudud

Lagu daray dhadhan, cuntooyin,
ama basbaasyo

Albacore tuna

La qalajiyay

Fileeto/La saafay

Cusub

Barafeysan

Gourmet

Mackerel

Saaman Cas

Sardiin

La qiiqiyay

Tuna adag oo cad

Isteeg ah saaman gaar ah ama tuna

Tongol tuna

Yellowfin tuna

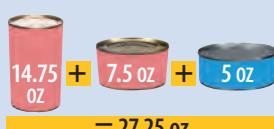


Haweenka Wakhti Buuxa Naas-nuujiya

Waxad dooran kartaa isku-dar tuna adag oo khafiif ah iyo saaman cas ilaa qadar ah wiqiyadaha (oz) ku qoran jeegga. Tusaaleyaal:



AMA



Fresh Fruits and Vegetables / Furuuto iyo Khudaar Cusub

LA AQBALSAN YAHAY

Waa Inuu Yahay

Furuuto cusub

Khudaar cusub

Waxad Dooran Kartaa

Kiishash ama baakooyin

Miisid (miisaan lagu gado)

Baaquliyo ama madiibado caag ah, koobab, baafaf, ama weel ah alaalaxeyda "clam"

Namuun kasta

Isku-dar kasta oo ah furuuto iyo khudaar

Nooc kasta

Ahayn orgaanig ama ah orgaanig

Kaamil ah ama la jaray

Sonkorqandi ama bataato macaan

AAN LA AQBALSANAYN

Ha libsan

Noocyada aan la sheegin in la aqbalsan yahay

Iidaan cuntada lagu darsado, iidaan saladh/ansalaato, dufano, ama salido
Lagu daray dhadhan, cuntooyin, ama basbaasyo

Lagu daray casiir/juus ama macaaneeye

La rootiyeeyay, la qasaceeyay, la kariyay, la labeeneyay, qalalan, barafeysan, ama maraqyo

Ubax la cuni karo

Dambiiil furuuto ah

Khudaar la shiiday oo la qalajiyay

Dhir ama geedo, sida dacarta, kamsar, caleen moos/muus, basil, bay leaves, caraway, chervil, chives, cilantro, qolof galley, dill, xulbad, horseradish, lemongrass, caleen liin, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, iniinyaha fanila, ama wheatgrass

Waxyaabaha qurxinta, sida basbaaska, toon xaddig ku taxan, ubooyin, bocor la qoray ama la rinjeeyay

Teray xaflad, saxamo waaweyn, ama teray

Bataati (marka laga reebo bataati macaan iyo sonkorqandi), oo ay ku jiraan buluuq, casaan khafiif ah, casaan, cadaan, hurdi/jaale, ama Yukon Gold

Waxyaabaha baarka saladhka/ansalaatada

Sonkor ama qasab sonkor/aale-sonkor



Fresh Fruits and Vegetables / Furuuto iyo Khudaar Cusub

Ma rabtaa inaad ogaatid inta uu noqon doono qiiimaha furuutada yo khudaarta?

1. Miisaan shay, oo miisaanka ka soo qaad ilaa ½ rodolka ugu dhow.
2. Barta ka hooseysa safka joogga ah “price per pound”, ka hel qiiimaha ugu dhow ee halkii rodol ee shayga.
3. Akhri gudubka safka jiifka ah si aad u heshid qiiimaha ku saleysan miisaanka shayga.
4. Talaabooyinkaas u samee shay kasta.
5. Isku dar qiiimaha shay kasta si aad u ogaatid inta uu noqon doono kharashka dhamaan furuutada iyo khudaarta aad ku talojirtid inaad iibsatid.

Price per pound (LB)	1 LB	1½ LB	2 LB	2½ LB	3 LB	3½ LB	4 LB	4½ LB	5 LB
\$ 0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81	6.45
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61	8.45
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41	10.45
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86	10.95
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31	11.45
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76	11.95
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21	12.45
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66	12.95
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11	13.45
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56	13.95
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01	14.45

Juice for Women / Casiirka Haweenka

Apple / Tufaax



Grape / Canab



Grapefruit / Bambeelmo



Orange / Liin Macaan



Pineapple / Caananaas



Tomato and Vegetable / Yaanyo iyo Khudaar



Juice for Women / Casiirka Haweenka

Cans or Plastic Bottles (46 oz) / Qasacyo ama Dhalooyin Caag ah (46 oz)

LA AQBALSAN YAHAY	AAN LA AQBALSANAYN
Waa Inuu Yahay Qasacyo ah 46 oz ama sanduuqyo caag oo ah 46 oz Namuunadan iyo noocyadan:	Ha libsan Namuunada, cabirada, iyo noocyada aan la sheegin in la aqbalsan yahay Cabirada aan ahayn 46 oz
Apple / Tufaax Great Value Apple Tree Top 100% Apple	Kartoono ama dhalooyin Cabitaan tufaax, cabitaano isku jira, casiiro la isku daray, casiir, liin, limoonaati, liin dhanaan, cabitaan liin dhanaan, ama cabitaano la isku daray
Grape / Canab Welch's 100% Grape Welch's 100% White Grape	Orgaanig La qaboojiyay
Grapefruit / Bambeelmo Great Value Pink Grapefruit Great Value White Grapefruit Texsun Ruby Red Grapefruit	
Orange / Liin Macaan Texsun Orange	
Pineapple / Caananaas Dole Pineapple Fred Meyer Unsweetened Pineapple Haggen Unsweetened Pineapple IGA Pineapple Western Family Pineapple	
Tomato and Vegetable / Yaanyo iyo Khudaar Campbell's Tomato Haggen Tomato Haggen Vegetable IGA Tomato Kroger Tomato V8 100% Vegetable V8 Essential Antioxidants 100% Vegetable Western Family Tomato Western Family Vegetable	Talo Dukaameysi Waxad dooran kartaa isku-dar ah casiir ku jira qasacyo ah 46 oz, dhalooyin caag ah oo ah 46 oz, ama weel barafeysan marka "2 juice" ay ku qoran tahay jeegga.

Juice - 46 oz

Juice for Women / Casiirka Haweenka

Apple / Tufaax



Juice - Frozen

Grape / Canab



Grapefruit / Bambeelmo Namuun kasta



Orange / Liin Macaan Namuun kasta



Pineapple / Caananaas



Juice for Women / Casiirka Haweenka

Frozen (11.5 oz or 12 oz) / Barafeysan (11.5 oz ama 12 oz)

LA AQBALSAN YAHAY

Waa Inuu Yahay

11.5 oz ama 12 oz barafeysan

Namuunadan iyo noocyadan:

Apple / Tufaax

Albertsons Apple

Flavorite Apple

Fred Meyer Apple

Great Value 100% Apple

Hy-Top 100% Apple

IGA Apple

Kroger 100% Apple

Old Orchard 100% Apple

Safeway Apple

Tree Top 100% Apple

Western Family 100% Apple

Grape / Canab

Albertsons Grape

Great Value 100% Grape

Hy-Top 100% Grape

Old Orchard 100% Grape

Old Orchard 100% White Grape

Welch's 100% Grape

Welch's 100% White Grape

Western Family 100% Grape

Grapefruit / Bambeelmo

Namuun kasta 100% casiirka

bambeelmada

Orange / Liin Macaan

Namuun kasta 100% casiirka liinta

Pineapple / Caananaas

Dole 100% Pineapple

Old Orchard 100% Pineapple

AAN LA AQBALSANAYN

Ha libsan

Namuunada, cabirada, iyo
noocyada aan la sheegin in la
aqbalsan yahay

Cabirada aan ahayn 11.5 oz
ama 12 oz

Cabitaan tufaax, cabitaano isku
jira, casiiro la isku daray, casiir, liin,
limoonaati, liin dhanaan, cabitaan
liin dhanaan, ama cabitaano la
isku daray

Orgaanig

Talo Dukaameysi

Waxad dooran kartaa isku-dar casiir
oo ku jira weel barafeysan, qasacyo
ah 46 oz, ama dhalooyin caag ah oo
ah 46 oz marka "2 juice" ay ku qoran
tahay jeegga.

Juice for Children / Casiirka Caruurta

Apple / Tufaax



Grape / Canab



Juice - 64 oz

Orange / Liin Macaan Namuun kasta



Pineapple / Caananaas

Juice for Children / Casiirka Caruurta

Plastic Bottles (64 oz) / Dhalooyin Caag ah (64 oz)

LA AQBALSAN YAHAY

Waa Inuu Yahay

Kaliya dhalooyin caag ah
oo ah 64 oz

Namuunadan iyo noocyadan:

Apple / Tufaax

Albertsons Apple

Albertsons Apple
with Calcium and Vitamin C

Flavorite 100% Apple

Fred Meyer 100% Apple

Haggen 100% Apple

Hy-Top 100% Apple

IGA 100% Apple

Kroger Apple

Nestle Juicy Juice Apple

Safeway 100% Juice Apple

Tree Top 100% Apple

Western Family 100% Apple

Grape / Canab

Albertsons Grape

Albertsons White Grape

Flavorite Grape

Flavorite White Grape

Fred Meyer 100% Grape

Fred Meyer White 100% Grape

Great Value 100% Grape

Great Value 100% White Grape

Haggen 100% Grape

Haggen 100% White Grape

IGA 100% Grape

IGA 100% White Grape

Kroger Grape

Kroger White Grape

Safeway 100% Grape

Safeway 100% White Grape

Welch's 100% Grape

Welch's 100% White Grape

Welch's Red 100% Grape

Western Family 100% Grape

Western Family White Grape

LA AQBALSAN YAHAY

Orange / Liin Macaan

Namuun kasta oo ah 100% Casiir
Liin Macaan

Xoogaa Tusaaleyaal ah ayaa
hoos ku yaala:

Big Tex

Flavorite

Golden Crown

Langers

Old Orchard

Safeway

Tropicana

Western Family

Pineapple / Caananaas

Albertsons Pineapple

Langers 100% Pineapple

Safeway 100% Pineapple

Western Family 100% Pineapple

AAN LA AQBALSANAYN

Ha libsan

Namuunada, cabirada, iyo
noocyada aan la sheegin in la
aqbalsan yahay

Cabirada aan ahayn 64 oz

Noocyada weelka ee aan ahayn
dhalooyin caag ah

La qaboojiyay

Cabitaan tufaax, cabitaano isku
jira, casiiro la isku daray, casiir, liin,
limoonaati, liin dhanaan, cabitaan
liin dhanaan, ama cabitaano la
isku daray

Orgaanig

Milk / Caano

2%, 1%, or Nonfat / 2%, 1%, ama Aan Dufan Lahayn

LA AQBALSAN YAHAY

Waa Inuu Yahay

2%, 1%, ama Aan Dufan Lahayn

Kaliya nooca caano ee ku qoran jeegga WIC

Weel caag ama waraaq ah

Caano sac

Lagu xoojiyyah Fitamiinada A iyo D

La mideeyay
(Homogenized)

La karkariyay

Waxba lagu darin, aan dhadhan lagu darin

La qaboojiyyay



Waxad Dooran Kartaa

Isku-dar ah galaano ama nus galaano

Rubucyada waxa kaliya ee la oggol yahay marka lagu qoray jeegga

Acidophilus

Namuun kasta

Lagu xoojiyyah kaalshiyam

Lahayn dufan

Kosher

Lactobacillus

Dufan yar

Probiotics

Caano subag laga saaray oo lagu daray adkeeyeyaa, sida Creamy Fat Free, Skim Royal, Skim Supreme

AAN LA AQBALSANAYN

Fiiri bogga 22.

Whole / Kaamil ah

LA AQBALSAN YAHAY

Waa Inuu Yahay

Caano kaamil ah

Kaliya nooca caano ee ku qoran jeegga WIC

Weel caag ama waraaq ah

Caano sac

Lagu xoojiyyah Fitamiin D

La mideeyay (Homogenized)

La karkariyay

Waxba lagu darin, aan dhadhan lagu darin

La qaboojiyyay



Waxad Dooran Kartaa

Isku-dar ah galaano ama nus galaano

Rubucyada waxa kaliya ee la oggol yahay marka lagu qoray jeegga

Acidophilus

Namuun kasta

Lagu xoojiyyah kaalshiyam

Kosher

AAN LA AQBALSANAYN

Fiiri bogga 22.

Lactose Free / Lahayn laktoos (lactose)

LA AQBALSAN YAHAY

Waa Inuu Yahay

Caano lahayn laktoos
 Kaliya nooca caano ee ku qoran
 jeegga WIC
 Weel caag ama waraaq ah
 Caano sac
 Lagu xoojiyay Fitiiamanada A iyo D
 La mideeyay
 (Homogenized)
 La karkariyay
 Waxba lagu darin, aan
 dhadhan lagu darin
 La qaboojiyay



Waxad Dooran Kartaa

Isku-dar ah galaano ama
 nus galaano
 Rubucyada waxa kaliya ee la oggol
 yahay marka lagu qoray jeegga
 2%, 1%, lahayn dufan, ama caano
 kaamil ah oon lahayn laktoos
 Acidophilus
 Namuun kasta
 Lagu xoojiyay kaalshiyam
 Kosher
 Lactobacillus

AAN LA AQBALSANAYN

Fiiri bogga 22.

Dry / Qalalan

LA AQBALSAN YAHAY

Waa Inuu Yahay

Caano qalalan
 Kaliya nooca caano ee ku qoran
 jeegga WIC
 Isku-daro ah 1 rubuc caano
 ama ka badan
 Caano sac
 Lagu xoojiyay fitamiinada A iyo D
 La mideeyay (Homogenized)
 La karkariyay
 Waxba lagu darin, aan dhadhan
 lagu darin

Milk

Waxad Dooran Kartaa

Sanduuqyo, dhululobooyin, baco,
 ama kiishash
 2%, 1%, lahayn dufan, ama caano
 kaamil ah oo qalalan
 Namuun kasta
 Lagu xoojiyay kaalshiyam
 Kosher



AAN LA AQBALSANAYN

Fiiri bogga 22.

Milk

Milk / Caano

Evaporated / Laga saaray biyo

LA AQBALSAN YAHAY

Waa Inuu Yahay

Qasac ah 12 oz
 Caano laga saaray biyo
 Kaliya nooca caano ee ku qoran
 jeegga WIC
 Caano sac
 Lagu xoojiyay fitamiinada A iyo D
 La mideeyay (Homogenized)
 La karkariyay
 Waxba lagu darin, aan dhadhan
 lagu darin

Waxad Dooran Kartaa

2%, 1%, lahayn dufan, ama caano
 kaamil ah oo laga saaray biyo
 Namuun kasta
 Lagu xoojiyay kaalshiyam
 Kosher



AAN LA AQBALSANAYN

Fiiri liiska hoose.

AAN LA OGGOLAYN DHAMAAN NOOCYADA CAANAHA

Ha libsan

Cabirada iyo noocyada aan la
 sheegin in la aqbalsan yahay
 Lagu daray dhadhan, cuntooyin,
 ama basbaasyo
 Cabiro ah baynt (Pints), nus-bayn
 (half-pints), ama ka yar
 Weel ah dhalooyin ama quraarado,
 kayd dheer (shelf-stable), ama UHT
 Baakooyin hal mar ah ama
 gooni ah
 Caano budo ah oo la miisaamayo
 Ciir
 Caano shokolaato
 DHA/ARA
 Nus iyo nus

Cabitaanada "hemp," yucub (nut),
 bariis, ama xabuub kale
 Kefir
 Caabitaan caano oo
 karboohaydrayt yar
 Omega 3
 Orgaanig
 Caano xayawaan oo kale, sida riyo
 ama ido
 Caano aan la karin
 Caano ama cabitaan soy
 Caano cufan oo aan la macaaneyn
 Caano aan la karin
 Labeenta walaaqidda

Peanut Butter / Subagga Lawska

LA AQBALSAN YAHAY

Waa Inuu Yahay

Ashuun ah 16 oz ilaa 18 oz

Waxba lagu darin



Waxad Dooran Kartaa

Namuun kasta

Labeen ah ama fud lahayn

Fud leh ama fud siyaado ah leh

Gaws-qabad leh ama gaws-qabad
siyaado ah leh

Milix yar

Subag laws oo dabiici ah

Leh waqaalid ama lahayn walaaqid

Milix leh ama lahayn milix

AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocydada aan la
sheegin in la aqbalsan yahay

Cabirada aan ahayn 16 oz ilaa 18 oz

Miisid

Lagu daray dhadhan, cuntooyin,
ama basbaaso

Lagu daray saliido, sida flax ama
safflower

DHA/ARA

Shiidis cusub ama adigu shiido

Gourmet

Maris subag laws oo
karboohaydryat yar

Low-glycemic

Maris ah dabiici

subag iniinyo ama yucub, sida
almond, cashew, sisin, soy,
sunflower, ama tahini

Omega 3

Orgaanig

Dufan la yareeray

Laws malab leh oo la dubay

Cun hal mar ama qaybo

Maris

Tuubooyinka "Squeeze It"

Valencia

Fitamiin E

Soy Beverage / Cabitaanka Soy

LA AQBALSAN YAHAY

Waa Inuu Yahay

Namuunadan iyo noocyadan:

8th Continent Soymilk

Weel ah nus-galaan

La qaboojiyay

Asal ama Faniila

Pacific Ultra Soy

Weel ah 32 oz (rubuc)

Kayd dheer

Waxba lagu darin ama Faniila



AAN LA AQBALSANAYN

Ha Iibsan

Namuunada, cabirada, iyo noocyada aan la sheegin in la aqbalsan yahay

Talo Dukaameysi

Waxa aad iibsan kartaa rubucyo, nus galaano, ama isku-dar ah marka "quart(s) soy beverage" ku qoran tahay jeegga.

LA AQBALSAN YAHAY**Waa Inuu Yahay**

Weel ah 12 oz ilaa 16 oz

Lagu dary Kaalshiyam

Waxba lagu darin

**Waxad Dooran Kartaa**

Namuun kasta

La qaboojiyay ama kayd dheer

AAN LA AQBALSANAYN**Ha libsan**

Cabirada iyo noocyada aan la sheegin in la aqbalsan yahay

Cabirada aan ahayn 12 oz ilaa 16 oz

Lagu daray dhadhan, cuntooyin, ama basbaasyo

La dubay, saddex-jiraane laga dhigay, ama la jeexjeexay

Macmacaan tofu

Talo Dukaameysi

Waxad dooran kartaa **namuun kasta** oo ah tofu. **Xoogaa tusaaleyaal ah** ayaa ku qoran hoos.

Azumaya Extra Firm

Azumaya Firm

Azumaya Silken

Frieda's Extra Firm

Frieda's Firm

Frieda's Soft

House Foods Organic Extra Firm

House Foods Organic Firm

House Foods Organic Medium Firm

House Foods Organic Soft (Silken)

House Foods Premium Extra Firm

House Foods Premium Extra Soft

House Foods Premium Firm

House Foods Premium Medium Firm

House Foods Premium Soft (Silken)

Mori-Nu Organic Silken Extra Firm

Mori-Nu Organic Silken Firm

Mori-Nu Organic Silken Lite Firm

Nasoya Lite Firm

Nasoya Lite Silken

Nasoya Organic Extra Firm

Nasoya Organic Firm

Nasoya Organic Silken

Nasoya Organic Soft

Safeway O Organics Extra Firm

Safeway O Organics Firm

Sun Luck Chinese Style Firm

Sun Luck Japanese Style

Sun Luck Nugoshi Soft

Talo Dukaameysi

Waxad dooran kartaa isku-dar xabuub kaamil ah ilaa qadarka wiqiyadaha (oz) ku qoran jeegga.



Ikhtiyaarada Xabuubka Kaamilka ah:

- Bariis Cawlan
- Bulgur
- Oatmeal
- Tortilla Jilicsan
- 100% Rooti Qamadi Kaamil ah

Brown Rice / Bariis Cawlan

LA AQBALSAN YAHAY

Waa Inuu Yahay

Waxba lagu darin



Waxad Dooran Kartaa

Kiishash ah 16 oz ilaa 32 oz

Miisid (miisaan lagu gado)

Namuun kasta

Lahayn gluten

Xabuub dheere ama xabuub gaabane

Dhakhso ama caadi

Ahayn Orgaanig ama orgaanig

AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la sheegin in la aqbalsan yahay

Lagu daray dhadhan, cuntooyin, ama basbaasyo

Sanduuqyo

Basmati, black, jasmine, mahogany, cadaan, ama duur ka baxay

Gourmet

Bariis isku qasan

Bulgur

LA AQBALSAN YAHAY

Waa Inuu Yahay

Waxba lagu darin

Waxad Dooran Kartaa

Kiishash ah 16 oz ilaa 32 oz

Miisid (miisaan lagu gado)

Namuun kasta

Ahayn Orgaanig ama orgaanig



AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la sheegin in la aqbalsan yahay

Sanduuqyo

Lagu daray dhadhan, cuntooyin, ama basbaasyo

Oatmeal

LA AQBALSAN YAHAY

Waa Inuu Yahay

Waxba lagu darin



Waxad Dooran Kartaa

Kiishash ah 16 oz ilaa 32 oz

Miisid (miisaan lagu gado)

Namuun kasta

Lahayn Gluten

Dhakhso

Ahayn Orgaanig ama orgaanig

Noocii hore ama caadi

La duubay ama bir lagu jaray

AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la sheegin in la aqbalsan yahay

Sanduuqyo

Dhululubooyin

Lagu daray dhadhan, cuntooyin, ama basbaasyo

Granola

Talo Dukaameysi

Waxad dooran kartaa oatmeal ku jirta kiishash ama la miisayo marka "whole grain choices" ay ku qoran tahay jeegga.

Soft Tortillas / Tortilla Jilicsan

LA AQBALSAN YAHAY

Waa Inuu Yahay

Baakooyin, 8 oz ilaa 32 oz

Tortilla galley oo jilicsan oo hurdi/jaale ah ama cad

Tortilla jilican oo ah qamadi kaamil ah

Waxba lagu darin

Waxad Dooran Kartaa

Namuun kasta

Soodhiyam/milix ku yar tahay



Talo Dukaameysi

Waxad dooran kartaa **namuun kasta** oo ah tortilla jilicsan. **Xoogaa tusaaleyaal ah** ayaa ku qoran hoos.

Celia's White Corn

Celia's Whole Wheat

Carlita Corn

Don Pancho 6" White Corn

Don Pancho 6" Yellow Corn

Don Pancho White or Yellow Corn

Garden of Eatin' Organic Whole Wheat

Great Value Corn

Guerrero 100% Whole Wheat

Guerrero White or Yellow Corn

AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la sheegin in la aqbalsan yahay

Lagu daray dhadhan, cuntooyin, ama basbaasyo

Jibis (chips), saxan saladh oo ah "taco," taco shells, tostada, ama tortilla kasta oo kale oo adag

Tortilla ah xabuub la isku daray, sida galley iyo qamadi isku jirta

Qamadi baxday

Tortilla dukaanku sameeyay

Tortilla ay ku qoran tahay "light" ama "lite"

Laabyo

Whole Grain Choices / Ikhtiyaarada Xabuubka Kaamilka ah

100% Whole Wheat Bread / 100% Rooti Qamadi Kaamil ah

LA AQBALSAN YAHAY

Waa Inuu Yahay

Baakooyin, 16 oz ilaa 32 oz
100% rooti qamadi kaamil ah
Kuusan, waxba lagu darin,
la jeexjeexay

Waxad Dooran Kartaa

Namuun kasta
Soodhiyam/milix ku yar tahay



AAN LA AQBALSANAYN

Ha libsan

Cabirada iyo noocyada aan la
sheegin in la aqbalsan yahay
Lagu daray dhadhan, cuntooyin,
ama basbaasyo

Rooti farsamo-yaqaan ama heer
sare (rooti loo dubay tiro yar)
Rootiyo aan ku duubnayn bac
Rootiyo ay ku qoran tahay "light"
ama "lite"

DHA

Duf (fiber) dheeraad ah
Rooti faransiis
Cajiin barafeysan ama la qaboojiyyay
Rooti aan lahayn gluten
Rooti ah xabuub isku dhafan
Rooti cajiin dhanaan
Qamadi baxday
Rooti dukaanku sameeyay
Isku-dar rooti aan la karin
Aan la jeexjeexin

Whole Grains

Talo Dukaameysi

Waxad dooran kartaa **namuun kasta** oo ah 100% rooti qamadi kaamil ah. **Xoogaa tusaaleyaal ah** aaya ku qoran hoos.

Albertsons

Country Oven

Franz

Franz 50 Calorie

Franz 100% Stone Ground

Franz Big Horn Valley All Natural

Franz Oregon Trail

Fred Meyer

Great Value

Haggen

Haggen Stone Ground

Oroweat

Oroweat Country

Roman Meal All Natural

Royal Hearth

Safeway Kitchens

Safeway Kitchens Country

Safeway Open Nature

Sara Lee Classic

Sara Lee Hearty & Delicious

Sara Lee Hearty & Delicious with Honey

Sara Lee Soft & Smooth

The Bread Garden 100% Stone Ground

Yoke's Fresh Market

Aqoonsiga Macmiilka WIC

1. Waa in magaca qofka isticmaalaya jeegga WIC uu ku qoran yahay meesha ka hooseysa sanduuqa saxeexa macmiilka ee ku yaala jeegga oo uu la mid yahay aqoonsiga (ID).
2. Waa in aqoonsi la muujiyo marka la isticmaalayo jeeg WIC.
3. **Galka Ballanta/Aqoonsiga (ID) ee WIC oo leh saxeexa qofka isticmaalaya jeegga ayaa ah waxa kaliya ee loo baahan yahay.**
4. Haddii macmiilka WIC aanuu haysan galka Ballanta/Aqoonsiga, ama haddii aanuu ku qornay magacaaga iyo saxeexaagu, kuwan soo socda ayaa ah tusaaleyaal noocyd aqoonsi kale oo aad isticmaali kartid:
 - Liisanka Baabuur Wadista
 - Kaadh aqoonsi ciidan
 - Kaadh aqoonsi gobol
 - Kaadh aqoonsi qabiil
5. Waa in jeegga WIC lagu hor saxeexo jeeg-qaataha ka dib marka qiimaha iibka ee saxda ah lagu qoro jeegga.
6. Haddii jeegga la saxeexo kor hor inta aan loo dhiibin jeeg-qaataha, lama isticmaali karo jeegga WIC.

APPOINTMENT AND ID FOLDER
WASHINGTON STATE NUTRITION PROGRAM WIC

► Print caregiver and/or client name _____
Signature _____

► Print alternate name _____
Signature _____

► The name on your ID **must match** one of the names printed below the signature box on the check.
► **Use this folder at the grocery store for ID when using your WIC checks.**

Examples of ID:

- Driver's License
- Military ID card
- WIC Appointment & ID folder with your printed name and signature.
- State ID card
- Tribal ID card

Your WIC Clinic:

Call your WIC Clinic:

- To change an appointment.
- About problems at the store.
- About problems with your checks.
- If you move.

WIC Supports Your Healthy Lifestyle!

Qodobo Muhiim ah oo la Rabo in la Xusuusto Marka la Joogo Goobta Jeeg Qabashada

- Waa in macaamiisha WIC loo oggolaado inay iibsadaan dhamaan qadarada cuntooyinka ee ku qoran jeegga.
- Macaamiisha WIC waxay dooran karaan in aanay iibsan dhamaan cuntooyinka ku qoran jeegga.
- Ka iibi kaliya waxa ku qoran jeegga—lama oggala beddelid.
- Macaamiisha WIC way isticmaali karaan kuuboonada qiime-dhimista ee alaab-soo-saaraha iyo dukaanada, iyo kaadhadhka macaamiisha joogtada ah. Ka jar qiimaha kuuboonka ka hor inta aanad isku-darka qiimaha iibka ku qorin jeegga WIC.
- Macaamiisha WIC waxay xaq u leeyihiin qiime-dhimista la siiyo dhamaan macaamiisha (tusaale ahaan: hal iibso, hel hal bilaash ah).
- Si cad oo taxadir leh jeegga ugu qor xuruuf kala go'an adiga oo isticmaalaya biiro leh khad madow ama buluug madow xiga.
- Marka aad isticmaalaysid jeegaga Furuutada iyo Khudaarta ee WIC marna sanduuqa Actual Purchase Price ha ku qorin qiime ka badan ka jeegga.
- Markasta macmiilka WIC waa inuu saxeexo jeegga. Jeegaga aan saxeexnayn lama bixin karo lacagtooda.
- Waa in macaamiisha WIC lagula dhaqmo isla ixtiraamka la siiyo dukaameysteyaasha kale.
- Haddii ay noqoto inaad diidid jeeg WIC, isticmaal dhamaan farsamooyinkaaga adeeg macmiil si aad u sharaxdid sababta. U sheeg macmiilka WIC inay jeegga dib ugu geyn karaan xarunooda WIC si ay u helaan gargaar ama war dheeraad ah.
- Haddii macmiil WIC u baahan yahay cunto WIC aqbalsan tahay oo aan dukaanka oolin, ha siin warqad ballanqaad ah ama ha u oggalaan inuu ku soo laabto dukaanka si uu alaabta maqan u qaato.
- Jeeg WIC looma isticmaali karo in lagu bixiyo biil ama kharash ama xisaab macmiilka WIC uga furan dukaankaaga.

Soo-celinta Cuntooyinka la Aqbalsan Yahay ee Macmiilka WIC

Macaamiisha WIC way soo celin karaan cuntooyinka WIC aqbalsan tahay haddii la arko inay xun yihiin ama cilad leeyihii. Waxa la siin karaa shay ah namuunka, nooca, iyo cabirka shayga la soo celiyay. Lama siin karo noocyoo kale oo ah cunto, dayn, kaash, kaadhadh hadiyad, ama kuuboono lagaga beddelayo shayba waxyeelaysan.

Sida Loo Qaato Jeeg WIC

WIC WASHINGTON STATE DEPARTMENT OF HEALTH
P.O. BOX 478866 OLMARPA, WA 98304-7886
1-800-841-1410

"Quit Smoking, 1-800-Quit-Now"
Client ID#: 000111269 **Name:** Washington, Noel M
Pay To: Any Washington WIC Approved Store

First Day To Use **April 02, 2012**

*** You may buy less, not more *** See WIC Shopping Guide ***

2 gallon(s) 2%, 1%, or non fat milk, any brand
36 oz cereal, 1 1 oz box or larger
3 1 dozen white eggs, small, medium, or large
1 juice, 64 oz plastic bottles
1 lb cheese, any brand, made in USA

3

Last Day To Use **May 02, 2012**

Actual Purchase Price **4** \$

5

Retailer must deposit this check within 60 days of "First Day To Use"	
Customer Signature - Show ID to match name below	
X	Washington, Patrice S
<input type="checkbox"/>	Washington, Patrice S
<input checked="" type="checkbox"/>	Washington, James D

SAMPLE

1 Sida Loo Bilaabo

- Jeeg WIC oo kasta uga shaqee gooni.
- Weydiiso jeegga iyo aqoonsiga macmilkka.
- Waa in magaca aqoonsiga ku qoran uu la mid yahay mid ka mid ah magacyada ku qoran meesha ka hooseysa sanduuqa saxeexa.
- Saar calaamadda sax meel ku xigta magaca macmilkka.
- Diid jeegga haddii hore loo saxeexay, haddii macmilkku

- aanuu hayasan aqoonsi, haddii magaca macmilkku
aanuu ku qornay meel ka hooseysa sanduuqa saxeexa,
ama haddii wax laga beddelay (tusaale ahaan, haddii taariikhaha ama qadarada la beddelay).
- Marka aad wax ku qoraysid jeeg, isticmaal biiroo madow ama buluug madow xiga. Si cad u qor oo ha isticmaalin biiroo midab leh ama biiroo jel (gel) ah.

2 Si taxadir leh u hubi taariikhaha

- Ha qaadan jeegaga ka hor "First Day To Use" ama ka dib "Last Day To Use."
- Taariikhda maanta ku qor sanduuqa "Transaction Date".

3 libi kaliya cuntooyinka WIC aqbashay, iyo qadarka cuntada ee saxda ah

- Qimaha cuntada isugu dar sida ay ugu taxan yihiin jeegga.
- U hubso in macmiilku doortay kaliya cuntooyin WIC aqbashay. Diiid inaad ibisisid cuntooyin WICaanay aqbalin.
- Fili tirada alaabta iyo qadarada ku qoran jeegga oo libi kaliya ilaa qadaradaas. Qasab kuma aha macaamiisha WIC inay libsadaan wax kasta oo ku qoran jeeggooda.

4 Isku-dar libka

- Isku-darka qadarka libka ku qor sanduuqa "Actual Purchase Price".
- Taariikhda maanta ku qor sanduuqa "Transaction Date".

- Haddii aad khalaad sameysid marka aad qoraysid qadarka isku-darka libka, waad sidi kartaa. Raac talaabooyinkan:
- Hal xariiq dhex mari qadarka khalaadka ah
- Qadarka saxda ah ku qor gudaha ama meel u dhow sanduuqa, ka dibna meel u dhow qadarka cusub ku qor magacaaga oo kooban oo ah xurufta ugu horeysa
- Tirooyin hore wax ha ku dul qorin, ha isticmaalin masaxaha cad, ama ha isku dayin inaad massaxdid qadarka khaldan

5 libka ku dhamee saxeexooda

- Macmiilkii jeegga ha ka saxeexo sanduuqa saxeexa ka dib marka aad buuxisid sanduuqa "Actual Purchase Price".
- Weydii macmiilkii inuu kuu soo celijo jeegga.
- Dib u fiiri jeegga si aad u hubisid inuu leeyahay:
- Taariikho sax ah
- In lagu qoray Qlimaha libka Dhabta ah oo Sax ah
- Saxeexa macmiilkii
- Calaamadda sax oo saaran magacaga macmiilkii

Haddii aad qabtid su'aalo ku saabsan jeegaga WIC ama jeegaga furutada iyo khudaarta, wac Adeegga Macaamiisha ee WIC oo laga helo 1-800-841-1410.

Sida Loo Qaato Jeegga WIC ee Furuutada iyo Khudaarta

WIC	WASHINGTON STATE DEPARTMENT OF HEALTH P.O. BOX 47886 OLYMPIA, WA 98504-7886	"Quit Smoking, 1-800-Quit-Now"	United Community Bank <u>64-1968</u> <u>611</u>	1965569102
Client ID#: 000111269	Name: Washington, Noel M			Retailer Stamp ID Here
Pay To: Any Washington WIC Approved Store				
2 First Day To Use April 02, 2012	Transaction Date	4 Last Day To Use May 02, 2012	Actual Purchase Price 4 \$	
6 dollars fresh fruits and/or vegetables 3 ATTN Checkers: The price you enter on the check must not exceed the dollar amount printed on the check The Client can pay any extra amount				
5 SAMPLE April 2012 1211 / 20100927 1 Washington, Patrice S <input type="checkbox"/> Washington, Patrice S <input type="checkbox"/> Washington, James D				

1 Sida Loo Bilaabo

- Macaamiisha WIC waxay isku dari karaan in ka badan hal jeeg WIC oo ah furuuto iyo khudaar marka ay sameynayaan hal iibasho.
- Weydiiso jeegga iyo aqoonsiga macmilkka.
- Waa in magaca aqoonsiga ku qoran uu la mid yahay mid ka mid ah magacyada ku qoran meesha ka hooseysa sanduuqa saxeexa.
- Saar calaamadda sax meel ku xigta magaca macmilkka.
- Diid jeegga haddii hore loo saxeexay, haddii macmilkku aanuu haysan aqoonsi, haddii magaca macmilkku aanuu ku qornay meel ka hooseysa sanduuqa saxeexa, ama haddii wax laga beddelay (tusaale ahaan, haddii taariikhaha ama qadarada la beddelay).
- Marka aad wax ku qoraysid jeeg, isticmaal biiroo madow ama buluug madow xiga. Si cad u qor oo ha isticmaalin biiroo midab leh ama biiroo jel (gel) ah.

2 Si taxadir leh u hubi taariikhaha

- Ha qaadan jeegaga ka hor "First Day To Use" ama ka dib "Last Day To Use."
- Taariikhda maanta ku qor sanduuqa "Transaction Date".

3 libi kaliya cuntooyinka WIC aqbashay, iyo qadarka cintada ee saxda ah

- Tilmaan-bixintan waxa ku yaala war ku saabsan furuutada iyo khudaarta ay WIC aqbashay (eeg bogga 12).
- Waxa aanu macaamiisha WIC ku dhiirigalinaynaa inay iibsaadaan wax ah qiimaha buuxa ee jeegga, laakiin taasi qasab ma ah.

4 Isku-dar libka

- Haddii waxa la iibsaday ka yar yahay qiimaha jeegga, ku qor qadarka iibka ee dhabta ah. Tusaale ahaan, haddii qiimaha doolar ahaan ee jeeggu yahay \$6.00, isla markaana isku-darka qadarka iibku yahay \$4.50, ku qor \$4.50.
- Haddii waxa la iibsaday ka badan yahay qiimaha jeegga, qiimaha doolar ahaan ee jeegga ku qor sanduuqa "Actual Purchase Price". Tusaale ahaan, haddii qiimaha jeeggu yahay \$6.00, isla markaana isku-darka iibku yahay \$7.00, qadarka aad ku qoraysid jeegga waa \$6.00. Macmilla aaya bixinaya halka doolar ee dheeraadka ah, isaga oo

5 isticmaalaya kaadhka Washington Electronic Benefit Transfer (EBT) Quest, kaadh debit ama credit card, jeeg, ama kaash Haddii uu macmilla ku bixiyó dheeraadka, waxa la siin karaa baaqi.

- Haddii aad khalaad sameysid marka aad qoraysid qadarka isku-darka iibka, waad sixi karta. Raac talaabooyinkan:
 - Hal xariiq dhex mari qadarka khaladka ah
 - Qadarka saxda ah ku qor gudaha ama meel u dhow sanduuqa, ka dibna meel u dhow qadarka cusub ku qor magacaaga oo kooban oo ah xurufuta ugu horeysa
 - Tirooyin hore wax ha ku dul qorin, ha isticmaalin masaxaha cad, ama ha isku dayin inaad massaxdid qadarka khaladan

6 libka ku dhamee saxeexooda

- Macmilla jeegga ha ka saxeexo sanduuqa saxeexa ka dib marka aad buuxisid sanduuqa "Actual Purchase Price".
- Weydi macmilla inuu kuu soo celiyo jeegga.
- Dib u fiiri jeegga si aad u hubisid inuu leeyahay:
 - Taariikho sax ah
 - In lagu qoray Qlimaha libka Dhabta ah oo Sax ah
 - Saxeexa macmilla
 - Calaamadda sax oo saaran magacaga macmilla

Waxa la Rabo in Jeeg-qaateyaashu Ogaadaan

“WIC Checks Accepted Here”

Dukaankaagu wuu qaadan karaa jeegaga WIC sababta oo ah mulkiilaha ayaa heshiis kula jira Wasaaradda Caafimaadka. Waxa jira xeerar iyo waajibaad sharci oo badan oo ku jira heshiiska oo ay tahay in la raaco, oo ay ka mid tahay in lagugu tababaro inaad si sax ah u qaadatid jeegaga WIC. Dukaanku lacag kama heli doono jeegaga aan si sax ah looga shaqeeyn, isla markaana dhibaatooyinka ka yimaada jeegaga waxay keeni karaan gobolka oo WIC la socda, baadhis, iyo/ama bixinta tababar dheeraad ah.

Dhamaan Macaamiisha—iyo Jeeg-qaateyaashu—Waxay Istaahilaan Ixtiraam

Waxa muhiim ah in la bixiyo adeeg macmiil oo fiican. Macaamiisha WIC waxay la mid yihiin macaamiisha kale—waxay leeyihii maalmo fiican iyo maalmo xun. Xusuuso in xeerarka WIC ay ku wareeri karaan macaamiishaadu, cod dabacsan iyo niyad fiican ayaana faraq muhiim ah u keeni kara sida hawlgalkaaga iibku u dhaco. Marmarka qaarkood isweydaarsi aan fiicnayn iyo ismaandhaaf ayaa keeni kara cabasho. Waxad cabashooyinka yareyn kartaa adiga oo garta sida looga shaqeeyo iibka WIC iyo adiga oo isticmaala farsamooyinkaaga adeeg macmiil ee ugu fiican.

Haddii aad dareentid in si aan ixtiraam lahayn uu kuula dhaqmay macmiil WIC, waxad wici kartaa khadkayaga adeegga macaamiisha.

Fadlan Asturnaan

Ixtiraamidda macaamiisha WIC waxa kale oo qayb ka ah waa adiga oo taxadir u yeeshaa in la ilaaliyo asturnaantooda. Waa wax ka soo horjeeda xeerarka WIC inaad saaxiib u sheegtay in qof “uu qaato WIC,” isla markaana marka aad u baahan tahay in lagaa gargaaro hawlgal iib oo ah WIC waa in aanad samaacadaha ka sheegin WIC ama sare ugu dhawaaqin dukaanka dhexdiisa.

WIC Ma Sameyso Takooris

Waxa aanu ku faanaynaa in aanu raacno xeerka federalka ee ah in aanay WIC sameynin takooris ku saleysan sinji ama qowmiyad, midab, asal wadan, lab iyo dhedig, da’ ama naafonimo. Haddii aanu cabasho ka helno macmiil WIC oo dareensan in takooris lagu sameeyay, waxa la naga rabaa inaanu cabashada u sheegno Xafiiska Xuquuqda Madaniga ah (Office of Civil Rights) ee Wasaaradda Beeraha ee Maraykanka.

Waad ku mahadsan tahay inaad gargaar ka geysatay macaamiisha WIC oo la siiyo cunto caafimaad leh!

Xusuus-qor



**Washington State Department of Health
WIC Nutrition Program**

**Adeegga Macaamiisha WIC
1-800-841-1410**

www.doh.wa.gov

Hay'addani waa bixiye fursad loo siman yahay.
Washington State WIC ma sameyso takooris.



PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

Dadka qaba naafooyin, waxa loo heli karaa dukumentigan oo ah qaabab kale haddii ay codsadaan. Si aad codsi u sameysatid, fadlan wac 1-800-841-1410 (TDD/TTY 1-800-833-6388).